



HEALTHY BABIES HEALTHY FUTURES



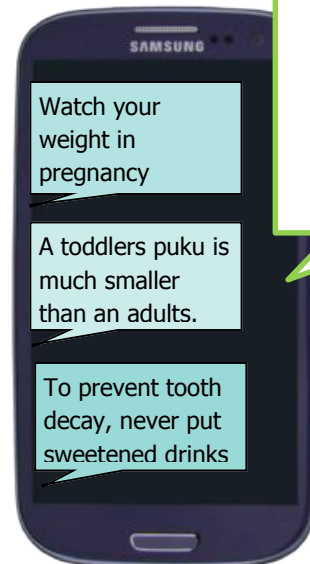
Give babies and toddlers a **HEALTHY** start to every day!

Come join in the fun, meet other mums, learn some great tips or relax and enjoy a hot cuppa!

Healthy Babies Healthy Futures (HBHF) specialises in teaching mums how to buy, prepare, and cook the healthiest and tastiest dishes for all the family to enjoy.

We bring you **FREE** fun activities like yoga, walking, box fit, tai chi, Pilates and meditation all at your own pace!

Join a **FREE** Healthy Babies Healthy Futures programme today!



Featuring our exclusive text messaging programme that sends you **FREE** health advice suited to baby's development

Call us, to talk about babies' health goals and which programme can help you!

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